

Akram Youth

November 2017 | English

Dada Bhagwan Parivar

₹ 20

Suspicion



Contents

4 Survey

6 Gnani With Youth

8 Kunti & Suryadev

10 Makes the doubt blind

12 Are Yash & Khushi having an affair ?

14 Gnani's Scientific Solutions

15 Experience

16 Activity

18 The Experiment

19 ABSOLUTELY New & Different

20 Maha Fusion

23 Puzzles



You need to download QR Code Scanner App from Play store or iTunes Store

Visit : <http://youth.dadabhagwan.org/Gallery/Akram-Youth>

Download free ebook / PDF versions of all Akram Youth issues by scanning this QR code

2 Akram Youth

Publisher & Editor:

Dimple Mehta

Pg. 24 - November 2017.

Year: 5. Issue: 07.

Cont. Issue: 55.

Contact :

Gnani Ni Chhayama (GNC),

Trimandir Sankul,

Simandhar City,

Ahmedabad-Kalol Highway,

Adalaj, Dist. Gandhinagar,

Gujarat-382421

Phone: (079) 39830100

email: akramyouth@dadabhagwan.org

website: youth.dadabhagwan.org

store.dadabhagwan.org/akram-youth

Printed & Published by

Dimple Mehta on behalf of

Mahavideh Foundation

Simandhar City, Adalaj -

382421. Dist- Gandhinagar

Owned by

Mahavideh Foundation

Simandhar City, Adalaj -

382421. Dist- Gandhinagar

Printed at : Amba Offset

Parshvanath Chambers,

Usmanpura, Ahmedabad-

38014, Gujarat, India

Published at

Mahavideh Foundation

Simandhar City, Adalaj -

382421. Dist- Gandhinagar

Total 24 Pages with Cover page

Subscription

Yearly Subscription

India :200 Rupees

USA: 15 Dollars

UK: 12 Pounds

5 Years Subscription

India : 800 Rupees

USA: 60 Dollars

UK: 50 Pounds

In India, D.D. / M.O. should be drawn

in favour of "Mahavideh Foundation"

payable at Ahmedabad.



Editorial

One thing we surely share in common is us unreasonably fearing or being tensed about something unimportant. Then we have this sudden realization that it was not worth thinking about it either. And it all actually started with a small-thing-disturbing-hugely: Suspicion. Will I pass this test or will I be able to get this job or what if my daughter is having an affair with someone? is there anything we do not suspect and fear about? This actually demonstrates how we leave behind all the charm and fun we actually we're supposed to have. A characteristic of a puzzled body is being suspicious over everything which instills fear in him, Dadaji says“ Suspicion and fear are like cause and effect. A single seed of suspicion grows into jungle, Sometimes suspicious thoughts may arise within you and if these thoughts are allowed to linger, even for a short while, they will reach the opposite person and proliferate.” We never thought of this ever before we suspected something or someone. This issue is all about the topic, how it is better to avoid suspicion and ways to do so. Hoping this issue helps you all making your life better and happier!

-Dimple Mehta

SURVEY



What do you think about suspicion?



We believe that it is true even though it is not in existence.

Suspicion means passing a judgment on someone without any proof.

It is like poison, but we don't understand it in the beginning.

It is just an imagination for which we do not try to find facts.



Majority of the time who are we suspicious of...

- ✓ Parents and children.
- ✓ Of those who don't act as per our expectations.
- ✓ Of those who we don't trust normally.
- ✓ Friends.
- ✓ Family members.
- ✓ Of those people who are close to us.

2

Both

Yes - When you give everything of yours to someone and then they behave inappropriately, then there needs to be a cause for doubt as to what's wrong.

No - Because you don't trust that person and that is why you are suspicious.

Is it right to be suspicious of someone?

If yes, then why?
If no, then why?

3

No

Suspicion results in making a person negative from within.

No

There is no reason to be suspicious of anyone if we find out the truth. We can remain in equanimity without any form of attachment or hatred.

Yes

Suspicion is necessary to find out in depth.



Gnani With Youth

Question: Pujyashri, at one place, Dadaji has said that suspicion occurs once but in another place he says that suspicion is an endless thing. How are both possible?

Pujayshree: “Suspicion is endless,” means that once it occurs there is no end to it because there is no resolution of it. Consequently, one's internal suffering also continues. Someone suspects their husband, some suspects their wife, someone else suspects their daughter – “she has done this”. Another suspects even his son – “my son, either smokes or drinks somewhere before coming home”.

Once a suspicion occurs, one's innate tendencies hover all day on just one thing like a fly that follows a piece of jaggery, like, “what must she be doing?”, “what must he be doing?”, “why is it like this?”, “why is it like that?”, “why did it get late?”, “with whom were you talking?”, “is there something in your phone?”

How does this suspicion arise? Intense suspicion arises where there is excessive attachment and then this worm of suspicion corrodes you from within. You cannot sleep at night, do not feel like eating and are not at peace no matter what you do. You have to therefore demolish suspicion. With

understanding, you have to keep hammering at it bit by bit but it will not go away in a day. Dada says it is endless.... it may continue for even two or three years....it does not stop. Therefore, it is a terrible disease.

Question: Is it possible that suspicion arises in you when someone alerts you that this person is not proper and some others have also asked you to be cautious with him and it so happens that you have to work with that same person?

Pujayshree: That is a very small type of suspicion.

Question: But whenever I see him, at that time it occurs within that, “he must be like this”.

Pujayshree: That is called opinion, - that, “he must be like this”. Suspicion is a different thing altogether – it remains with us as though it is true although it is baseless and has no substance. Whereas, “this man is untruthful,” or “he is dishonest,” or “you must be careful in your dealings with him,” is an opinion.

Question: Exactly, is that a suspicion or not?

Pujayshree: All these are hearsay. Where is the proof? Do not keep any opinion of him if you have to work with him. Whatever happens will be correct, but be cautious. What does being cautious mean? Suppose that you have some suspicion that your servant steals money from your coat. Then keep everything of value in your cupboard. Keep your jewelry carefully in a secure

place.

Question: Then is that not called suspicion?

Pujayshree: No, that is not called suspicion. It is called an appropriate worldly interaction where you exercised care. Suspicion is when it occurs in your again in your mind, the next day, when he is moving around the house, that he will definitely steal. Now that is a prejudice. It is an opinion if you talk to somebody that, “these servants are all thieves”.

Question: Do we need to verify smaller types of suspicion in order to find out whether they are true or not?

Pujayshree: First you have to break all suspicion, break all opinions and see what happens. If you check whether each time it happens like this or not, you will discover that even though your opinion is that very soon he will only behave like this, in reality, the incident does not occur as you had expected at all. Therefore, the suspicions we believed in only bring us suffering.

Question: So there is only one solution that we should never be suspicious of anyone.

Pujayshree : Yes, you must see him as innocent by applying the **five “agnas”(the five directive principles of conduct given by Dada), then you will be called cleansed if you see his “Shuddhatma” (pure soul).** Otherwise, it will only harm us. It will not make any difference to him. He will remain as he is ... but we will be at fault.

Kunti & Suryadev



Once, Princess Kunti, daughter of King Kuntibhoj, was roaming around in the forest with her friends in search of rare flowers. There she saw an Ashram (a small hut-like residing place made of handy materials). It was Rishi Durvasha's Ashram. She felt an urge to serve him instantly on seeing him. So she did not return to the palace and stayed back in the ashram and remained in the service of Rishi whole heartedly.

Rishi Durvasha was pleased with Princess Kunti's service. He thought that a princess who leaves behind the comforts of a palace and stays in an ordinary hut to serve a sage has indeed great qualities. In line with such thought, Rishi Durvasha granted her a wish, a boon. He told Kunti, "Whenever you wish and call a particular deity, he will immediately present himself before you and fulfill your wish at once."

Princess Kunti was delighted to obtain this boon from Rishi and returned to her palace. But her mind kept on being suspicious whether truly a deity will emerge in front of her if she calls for him. In order to find out whether this boon is true or false, she decided to test its authenticity to remove her doubts. Therefore, she prayed to Suryadev (Sun God) to come and Suryadev emerges in front of her instantly and asks, "Oh princess, tell me what you want?". **Kunti replies, "I don't need anything as such. I**

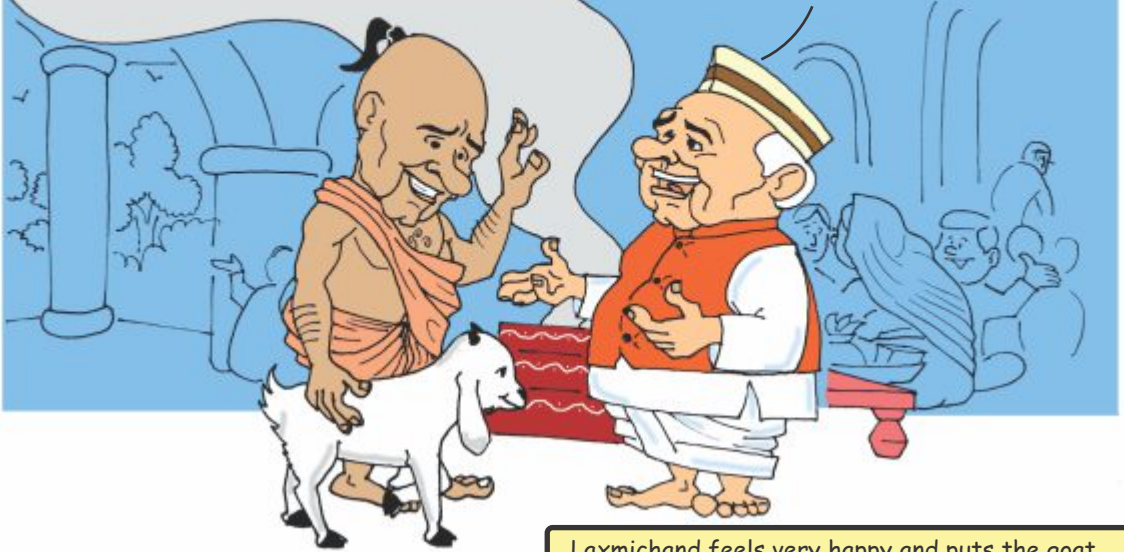
was just checking whether the boon given to me by Rishi Durvasha was true or false." Suryadev then clarifies that, "Once a boon granted by Durvasha muni is invoked, I must give you something. That is a precondition so what would you like?"

Kunti pleads for forgiveness. Suryadev then gifts her a son, new born child wearing 'kavach and kundal' (protections on the body and ears) as a measure of safeguard against any dangers in his life. This is how 'Karna' was born, the famous character of epic Mahabharata. But at that time Kunti was not married. Hence fear of the society compelled her not to disclose their relationship. She kept the child in a basket and placed it in a flowing river. As a result, Kunti spent her whole life in grief and despair believing that she was the culprit for the injustice done to that child.

What Makes the doubt blind

Laxmichand Brahmin performs 'pujas' at the house of a wealthy person.

He is rewarded a 'goat' as a gift for his satisfactory work.



Laxmichand feels very happy and puts the goat around his shoulders and starts on his way home.

Three crooks were talking to each other, planning to steal.

"Come, let's loot this Brahmin".

"Yes. This Brahmin looks very stupid too".

He begins to think that he will nourish the goat and when she grows up he would sell her milk and earn lot of money and become rich.



They all stood apart at some distance, separately from one another, along Brahmin's path.

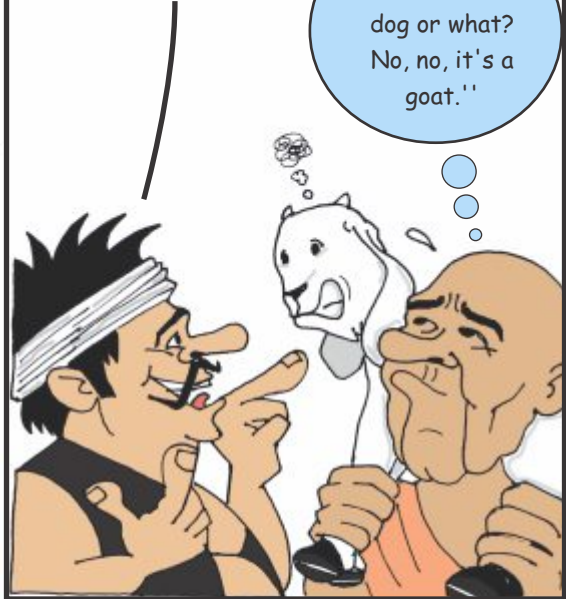
'Maharaj', where are you going with this dog on your shoulder?

"It is not a dog. It is a goat."



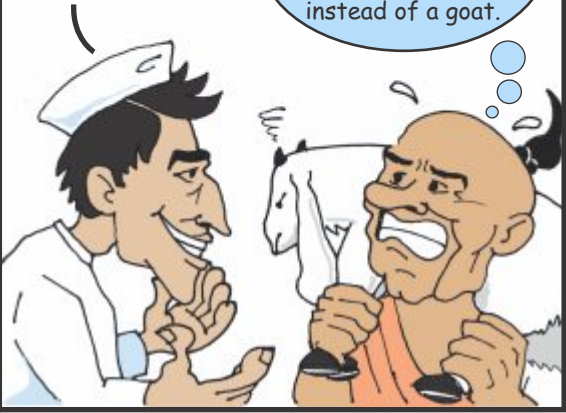
"Maharaj, what is this? Dog on your shoulder!!!"

"Is it so? Is it a dog or what? No, no, it's a goat."



"Oh Brahmin, why do you carry a dog like this? Put it down"

He doubts that the wealthy person had given him a dog instead of a goat.



He throws away the goat.



Are Yash & Khushi having an affair ?

Nidhi is driving in speed to follow Khushi and Yash, but the traffic of Surat is at its worst. Suddenly, she loses trace of their car, but in her "chit" (subtle form of vision) they are still driving.

Although Nidhi was driving back towards her house, her mind, 'chit', etc were still behind Khushi and Yash. "Where were they going? That too without telling me? Hmm, they don't like my friendship anymore, they might be searching ways to get rid of me." She enters the house with such thoughts in her mind.

"Oh my dear, welcome home!", exclaimed Nidhi's mother with love, but Nidhi didn't react and went straight to her room, still haunted with thoughts like "Maybe they are having an affair. Anyway, ever since they participated in the drama for the annual day, they have started ignoring me. They might be chit-chatting in a garden now."

Nidhi's mother brings lunch for her. "Come dear, have your meal, since you left home early today". While eating, Nidhi asks her mother, "Mummy, why is it that at first people are very close to you, they get emotionally attached, make promises and as time passes, then they turn their back towards us or behave rudely?"



Mummy: “Who behaved with you in this manner dear?”

Nidhi: “Khushi and Yash, mom. We have always been together since the day we met in college; we had promised each other that we three will always be together, we will share everything, help each other, but now... .

“But now what??”, Nidhi's mom asked with curiosity.

Nidhi: “Oh don't bother mom, I will handle it myself.” “As you feel, dear,” said her mom and left with the dishes. But Nidhi was still lost in the cyclone of thoughts that had captured her mind. “Wonder what those two are up to. Should I call and ask them? No! No! I don't want to come between them. Don't know what magic Khushi has done on Yash, that even he cannot understand my feelings. From the beginning, I had suspected Khushi. I always doubted that she never liked me. Definitely, they are having an affair and they don't want to take me along.



Nidhi puts her head on the pillow and gets tangled in the cyclone of such thoughts.

Let us see what Dadashri has to say about this...

Gnani's

Scientific Solutions



So, where does suspicion arise? It arises where there is some connection... when in interactions, the on-going conduct of the other party turns out even a little different than what is one's mind-set, one's decided pattern of behavior... then, the doubting mind questions, "why is it like this?"

Dadashri: What do you do when you start suspecting?

Questioner: I inspect, verify...

Dadashri: That would lead to even more suspicion. If there is anything in this world unworthy of our slightest support in any form whatsoever, then that is suspicion. It is the root of all sorrow. As a result if anybody tells us that, "I am beginning to suspect... I would teach him to uproot suspicion from its very foundation and throw it away".

Questioner: What does one lose by suspecting?

Dadashri: Suspicion is nothing but misery! Is that a small loss? If one suspects more and more the sorrow is akin to death. The moment one suspects one creates separation from the other. The echo of one's suspicion will invariably affect the other person in an adverse manner. The loss of suspicion is twofold: firstly, one suffers direct misery and secondly, one sees the other at fault.

Questioner: In which case, how does one get rid of suspicion?

Dadashri: It will never go...! Therefore the best you can do is not let it arise in you. You have to squash it as soon as it occurs. It is better to slap the other person twice than to suspect him!

Questioner: How does one get rid of suspicion if it arises even after one does not want to suspect the other?

Dadashri: There, you have to see the other's "shuddhatma" and then ask for its forgiveness. You must do "pratikraman" (the spiritual process of asking for their forgiveness). These suspicions arise due to mistakes of the past.

Experience

One day I was shocked to find a letter in my husband's pocket with a name of a girl and a few promises written on it. I could not understand what I should do. After this incident I had unimaginable suspicions which lasted for two years. I threw a lot of tantrums to make my husband confess and even planned to kill myself. As I was going to commit suicide, with Dada's grace, I realized I am Pure Soul and different from the part burning within me. Even though my husband told me the truth, I couldn't stop being suspicious and asked my son to follow him every time he left for the office. I wanted to know if he was lying and going to meet her. I wanted even felt like checking for myself. I was forever wondering where he would be? Will he have gone to her house to visit her? But because I had taken gnan, every time I had these dangerous thoughts I would do pratikraman.

Then I took assistance from the Aptaputri behnos and according to their advice started doing pratikraman of my husband and that girl. I also did samayik and applied the 5 agnas whenever suspicion arised. I spoke to Pujyashree too and he told me to read Aptavani 9 - in which Dada has given excellent understanding about shanka (suspicion).

I didn't read (because I don't know how to read) but I remembered one sentence that he had told me. "Whenever you doubt on someone, it is like killing him." Since then I have never been suspicious about anyone and if by chance I do, Pujyashree's words flash on the spot and I can easily apply gnan. Hence with the strength of the Gnani's words, we can get rid of suspicion too.

Activity

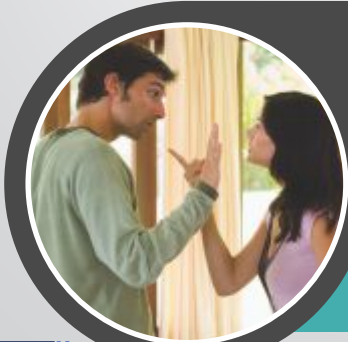
From the given below clashes, which are the options you think that are the reasons For suspicion .

- 1 Mr. Ajay's daughter leaves the phone on the sofa after talking to someone. He checks her phone. What is it?



- 2 Varshaben saw a snake entering her house. Though the snake catcher caught it, Varshaben still doubts it to be in her house. Varshaben is _____?

- 3 This girl is of marriageable age, she goes out alone and does what she wants and her father is not bothered, thinks Mr. Karsan, her grandfather.



- 4 “Mom every night he keeps roaming around with his useless friends, maybe consumes alcohol too and comes home not before 1.00-1.30(am),” Avani complains about her brother.

5 Mihir is suspicious of his boss having an affair with his colleague and he keeps talking about it everyday to all.



6 Vidya sees her friend Meera talking to a guy and (doubts) gets suspicious that when did Meera start talking to this guy?



7 Trusha is aware of Heer's secrets and Heer doubts that Trusha may tell all her secrets to her mom.



8 Riya sees her sister chatting with someone on her phone and doubts if her sister is on the wrong path.



And : 1). Attachment (moh), 2). Fearful (bhay), 3). Attachment (moh), 4). Attachment (raag), 5). Hatred (dwesh), 6). Attachment (raag), 7). Fear (bhay), 8). Attachment (moh)



The Experiment

Requirements: A cloth to tie your eyes, book, water bottle, Handkerchief, Key, Mobile phone, Glass, helper

Step 1: Arrange the above items in an appropriate order.



Step 2: Memorise the order of these items.



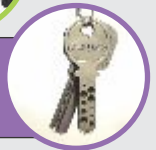
Step 3: Helper has to tie the cloth on the player's eyes.



Step 4: The helper has to change the order of these items.



Step 5: Now the helper will ask the player the sequence number of one of the items e.g, for keys.



Step 6: The player has to say the sequence order of the item (key), for e.g., 5



Observation:

After tying the cloth we still believe that the key is placed at order 5.

Conclusion:

Your assumption was wrong

Spiritual Summary:

We assume things to be as they were before tying the cloth over the eyes, like the keys have to be in order 5. Similarly in our daily life too, we assume things to be always as they were the first time we saw them. But people and things change with time and circumstances. Hence, there is no room for doubt/suspicion (shanka). Therefore Dadashri says, **“If you get doubt on seeing things, then assume that you haven't seen them and overcome it.”**

Possession of shanka

Shanka is like a witch. It is better to be possessed by a witch than by shanka, atleast some one can help you get rid of that witch, but the possession of shanka doesn't go.

Shanka's birthplace

The biggest misdeed in a person's life is shanka. The birthplace of shanka is buddhi.

ABSOLUTELY

Shanka is like poison

Shanka is a deadly poison. If sustained for more than a minute, it leads to suicide.

Trust – a gateway to overcome suspicion

Suspicious people never accomplish anything, success only follows the unsuspecting.

**NEW
&**

DIFFERENT

Shanka is a dangerous illness

Shanka is like Tuberculosis. It grows as you start becoming more and more suspicious. Hence, shanka doesn't help anyone.

Forest from a seed

A seed is all that is required to grow 1700 types of trees and turn it into a forest!

महा FUZION 2017

The past 10 years of Fuzion were unforgettable. Remembering this long journey, this time, we held Mahafuzion to recall all the joyous experiences we had and take many more with us in our hearts.

This MahaFuzion was something different, something new. Youth took up all the responsibilities and got themselves entitled to different Sevas such as



Live Musical show



Game



Game



Talent



Talent



Museum



Aptasankul's touch



Pujyashree's Darshan



Surprise visit by Pujyashree



Aptasankul's touch, Food Mela, Game & Activity, Prakshal and Aarti with Swami, Pujyashree's satsang & Darshan, Session



Puzzles

1 If it takes 5 machines 5 minutes to make 5 widgets, how long would it take 100 machines to make 100 widgets?

2 What disappears the moment you say its name?

3 A farmer in Australia grows a beautiful pear tree, which he harvests to supply fruit to all the nearby grocery stores.

One of the store owners has called the farmer to see how much fruit is available that he can buy. Unfortunately the farmer isn't currently near the tree, so he has to work it out in his head.

He knows that the main trunk of the tree has 24 branches. That each branch has 12 boughs and that each bough has only got 6 twigs. Each one of these twigs bears one piece of fruit, so how many plums will he be able to sell to the store owner?

(1) Answer - Each machine takes 5 minutes to make its widget. Each of the 100 machines will have finished making its widget in 5 minutes, 2) Answer - silence, 3) Answer - None! He doesn't own a PLUM tree... he owns a PEAR tree! (I know, right... that's just mean)

November 2017.
Year: 5. Issue: 07.
Cont. Issue: 55.

Akram Youth

Date of Publication: 22nd of Every Month
RNI No. GUJENG/2013/53112
Reg. No. G-GNR-311/2017-2019
Valid up to 31-12-2019
Posted at Adalaj Post Office
on 22th of every month



In this world skeptical and dead, it's just two identical. The person who is suspecting everywhere is suspicious. The suspect died, there is no difference between the two. He lives the dead life. - Dadashri



Send your suggestions and feedback at: akramyouth@dadabhagwan.org
Printed and Published by Dimple Mehta on behalf of Mahavideh Foundation-Owner.
Printed at : Amba Offset, Basement, Parshvanath Chambers, Usmanpura, Ahmedabad-38014



Akram Youth

24

November 2017